



Quit Smoking
TODAY!
We Can Help

About Smokefree.gov

Smokefree.gov is intended to help you or someone you care about quit smoking.

Different people need different resources as they try to quit. The information and professional assistance available on this Web site can help to support both your immediate and long-term needs as you become, and remain, a nonsmoker.

Smokefree.gov allows you to choose the help that best fits your needs, including

- Step-by-step quit smoking guide
- Information about a wide range of topics related to smoking and quitting
- Interactive U.S. map highlighting smoking information in your state
- LiveHelp, National Cancer Institute's instant messaging service
- National Cancer Institute's telephone quitline, **1-877-44U-QUIT**
- Local and state telephone quitlines, **1-800-QUIT-NOW**
- Publications to download, print, or order



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